

Full Report (All Nutrients) 03025, Babyfood, GERBER, 3rd Foods, apple, mango and kiwi

Report Date:October 27, 2015 06:07 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water	g	86.34	--	--
Energy	kcal	53	--	--
Energy	kJ	223	--	--
Protein	g	0.47	--	--
Total lipid (fat)	g	0.00	--	--
Ash	g	0.32	--	--
Carbohydrate, by difference	g	12.88	--	--
Fiber, total dietary	g	2.0	--	--
Sugars, total	g	10.18	--	--
Minerals				
Calcium, Ca	mg	9	--	--
Iron, Fe	mg	0.17	--	--
Magnesium, Mg	mg	6	--	--
Phosphorus, P	mg	11	--	--
Potassium, K	mg	123	--	--
Sodium, Na	mg	2	--	--
Zinc, Zn	mg	0.06	--	--
Copper, Cu	mg	0.061	--	--
Manganese, Mn	mg	0.089	--	--
Selenium, Se	µg	0.3	--	--
Fluoride, F	µg	9.1	--	--
Vitamins				
Vitamin C, total ascorbic acid	mg	23.3	--	--
Thiamin	mg	0.018	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin	mg	0.018	--	--
Niacin	mg	0.250	--	--
Pantothenic acid	mg	0.093	--	--
Vitamin B-6	mg	0.059	--	--
Folate, total	µg	14	--	--
Folic acid	µg	0	--	--
Folate, food	µg	14	--	--
Folate, DFE	µg	14	--	--
Choline, total	mg	4.5	--	--
Betaine	mg	0.1	--	--
Vitamin B-12	µg	0.00	--	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	15	--	--
Retinol	µg	0	--	--
Carotene, beta	µg	170	--	--
Carotene, alpha	µg	2	--	--
Cryptoxanthin, beta	µg	10	--	--
Vitamin A, IU	IU	294	--	--
Lycopene	µg	1	--	--
Lutein + zeaxanthin	µg	30	--	--
Vitamin E (alpha-tocopherol)	mg	0.41	--	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta	mg	0.00	--	--
Tocopherol, gamma	mg	0.00	--	--
Tocopherol, delta	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone)	µg	5.9	--	--
Lipids				
Fatty acids, total saturated	g	0.000	--	--
4:0	g	0.000	--	--
6:0	g	0.000	--	--
8:0	g	0.000	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
10:0	g	0.000	--	--
12:0	g	0.000	--	--
14:0	g	0.000	--	--
16:0	g	0.000	--	--
18:0	g	0.000	--	--
Fatty acids, total monounsaturated	g	0.000	--	--
16:1 undifferentiated	g	0.000	--	--
18:1 undifferentiated	g	0.000	--	--
20:1	g	0.000	--	--
22:1 undifferentiated	g	0.000	--	--
Fatty acids, total polyunsaturated	g	0.000	--	--
18:2 undifferentiated	g	0.000	--	--
18:3 undifferentiated	g	0.000	--	--
18:4	g	0.000	--	--
20:4 undifferentiated	g	0.000	--	--
20:5 n-3 (EPA)	g	0.000	--	--
22:5 n-3 (DPA)	g	0.000	--	--
22:6 n-3 (DHA)	g	0.000	--	--
Cholesterol	mg	0	--	--
Other				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--